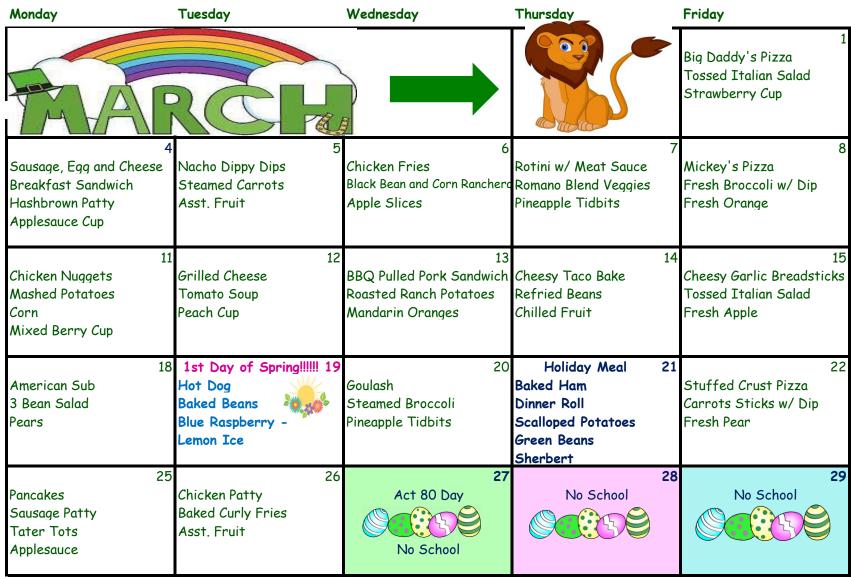
Daily milk choices include non-fat (flavored and unflavored) or 1 % milk (unflavored). --- Whole Grain = WG





"Regular" Meal Information:

To receive a complete meal for the Paid price of \$3.00, Reduced Price of \$0.40, or for Free you must choose at least 3 of the 5 components of a "Regular Lunch":

- * Grain
- * Meat or Meat Alt.
- * Fruit or Fruit Juice
- * Vegetable
- * Milk

Students may take all 5 components if they choose!!

Federal Regulations require that <u>at</u> <u>least one of the</u> <u>component</u> <u>choices must be a</u> fruit or vegetable.









